



**Centre for  
Remote Health**

# Using food as medicine to improve health outcomes

Belinda Fettke

## Who should attend

This workshop is designed for health and allied health professionals who want to take back control of their own health and empower others to consider food as medicine.

## Learning Objectives

- Recognise that the food guidelines have evolved from fresh seasonal and local produce to highly processed carbohydrates, proteins and industrial seed oils.
- Compare and contrast traditional indigenous diets to modern diets.
- Question long held nutrition myths on sugar, carbohydrates and cholesterol.
- Examine the lack of evidence for Type 2 diabetes to continue to be considered a chronic progressive disease.
- Investigate the World Health Organisation recommendations for added sugars and how they can be achieved.
- Identify alternative names for sugar in processed foods through label reading.
- Feel confident to implement some simple strategies to help people take back control of their health.

## Workshop

Wednesday 28 August 2019

9:00am - 12:00pm

Centre for Remote Health  
Cnr Simpson & Skinner Streets  
Alice Springs Northern Territory  
Lecture Room 1 & 2

To register email:

[crh.seminars@flinders.edu.au](mailto:crh.seminars@flinders.edu.au)

BIOGRAPHY



### Belinda Fettke

I am the proud wife of Dr Gary Fettke and a former Registered Nurse. I became a supporter of Low Carbohydrate, Healthy Fat (LCHF) principles after seeing the health benefits Gary was able to achieve for himself and his patients.

Following Gary's 'star chamber' investigation by the AHPRA Medical Board of Tasmania for 2 1/2 years, and the life-long, non-appellable ruling they handed down in November 2016, I have taken a more central role supporting Gary, advocating LCHF through social media platforms and challenging the role of Vested Interests and Ideology in the shaping of our dietary and health guidelines. Gary never stopped advocating real food and was finally exonerated from all 'trumped-up' charges in September 2018, receiving a full written apology from the Medical Board of Australia.

Until Low Carb is acknowledged in the dietary guidelines as a safe option for those who choose it, especially in the prevention and management of Type 2 diabetes, Gary and I will continue to be outspoken advocates of the science behind LCHF and challenge the influencers of the dietary guidelines.

Please note there is no charge for this workshop but places are limited. RSVP is necessary.

*The views, opinions, methodologies, practices or information expressed by guest speakers and those providing comments are theirs alone, and do not necessarily reflect those of the Centre for Remote Health.*